



## Session Format: Travel

They say that travel broadens the mind – but it also deepens our carbon footprints, making up 25%<sup>1</sup> of the average UK carbon footprint – and this varies greatly from person to person (for example 50% of people in the UK don't fly each year). This session focuses on helping householders learn about the relative impacts of different forms of transport, and begin to think about positive changes they can make to their travel plans.

### SUGGESTED SESSION FORMAT

#### Welcome

Introduce yourself and cover any housekeeping items.

#### Travel

“Getting around – to work or school, to see friends and family, for trips to the dentist or off on holiday – uses energy. Sometimes we can rely on our own two feet or pedal power – but for longer distances and heavy loads, we look to other forms of transport to get us about. In this section of our carbon busting session we'll be looking at travel and strategies we can adopt to fulfil the expectations of a modern living without guzzling fuel by the gallon.”

#### Scene setter

“The geneticist, Steve Jones once said *“there is little doubt that the most important event in recent human evolution was the invention of the bicycle.”* And there is no doubt that the ability to travel has been an enriching experience in many ways. We have greater options about where we work and live, we can see far flung family and friends and the ability to travel gives us choice when it comes to household chores such as where to do the weekly shop. Flying – once the preserve of the rich – has become democratised, with cut price airlines making international flights accessible to all. When it comes to the holidays the world is now our oyster.

One of the greatest challenges we face when trying to cut our travel carbon footprints is **how we can achieve this without feeling in some way deprived of the benefits that travel brings us.**

Of course, travel isn't all pure unalloyed joy - as our daily commutes get longer, petrol prices soar and our roads clog with rush hour traffic the cost of travel becomes more apparent. No-one who has had to check in for a 4am charter flight or attempted a long haul flight with small children can say that flying is an entirely enjoyable experience – and that's before the impact on climate change of the two million flights in and out of the UK each year is factored in.”

### SUGGESTED TIMINGS

0:00 Welcome + housekeeping

0:05 Travel & scene setter

0:10 Activity

0:28 Questions

0:30 end

Total session time: 30 mins

Some people get defensive or judgemental about travel choices, which can alienate participants from the discussion. It is also easy for people to dwell on what they are giving up, rather than the benefits of changes in the way they travel. This session is deliberately formulated to focus on the gains of changes in travel and focuses discussion on a fictitious family to reduce the opportunity for personal criticism.

<sup>1</sup> <https://www.gov.uk/government/statistics/provisional-uk-greenhouse-gas-emissions-national-statistics-2017>

**Q: Can you guess how many hours the average person spends travelling a year in the UK (excludes flights)?**

A: In total we spend 322 hours a year travelling<sup>2</sup> – that's almost 2 weeks.

*78% of the miles we cover are by car, compared to 1% by bike and 3% walking.*

*34% of homes have more than one car, 23% have no car.*

**Q: Hands up if you travel to work by: a) foot; b) bike; c) bus; d) train; e) car; f) other.**

## Activities 1 and 2

Different modes of travel have very different carbon footprints. We'll spend the next fifteen minutes carrying out two activities that uncover the carbon footprints of different ways of travelling and helping the fictitious Brown Family come up with ideas for reducing their travel carbon footprint.

See travel activity sheet

## Take Home Task

Talk participants through the take home task sheet.

## Session summary

“So, Strategies to reduce our travel related carbon footprint include:

- Reducing the distance we travel e.g. changing where we work or holiday
- Reducing the number of journeys we make e.g. aggregating journeys, working from home or using other ways to stay in touch.
- Changing to a less carbon intensive form of travel

Some of our journeys are easy to drop with little impact to our lifestyle, but others are far harder to change. Focusing on what you might gain from changing your commute, or holidaying nearer home, might make it a little easier to contemplate big changes in the long term.

Distribute Travel Information sheets to participants

## Any questions?

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<sup>2</sup> <https://www.gov.uk/government/statistics/national-travel-survey-2016>

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